

metro



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Monday, April 22, 2019 metro.us | t: MetroBOS | f: MetroBoston



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Metro fills you in on how to celebrate Earth Day and what you can do to help save the planet, today and every day.

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1 Things to do in Boston for Earth Day 2019

Here's how you can celebrate the holiday in the Hub.

For nearly five decades, the world has come together each year for Earth Day in order to celebrate the planet we call home. As the environmental holiday prepares to turn 49 on Monday, April 22, the annual festivities return at a critical moment in human history as the entire globe continues to confront the growing impact of climate change. Here are four events around Boston where you can celebrate Earth Day 2019.

Boston Children's Museum

What's a better time for a trip to the museum than Earth Day? Take the kids to the Boston Children's Museum on Monday for a day of environmentally-themed activities. From 10 a.m. to 11:50 a.m., pre-schoolers can

explore the magic of trees during the Pint-Sized Science program. From 11:10 a.m. to 12:50 p.m., kids of all ages can also take part in earth-friendly art at the museum's Art Studio. *Boston Children's Museum, 308 Congress St., bostonchildrensmuseum.org*

"Business in the Era Of Climate Change"

The latest installment of WBUR's series in collaboration with Harvard Business School and Boston University Questrom School of Business will examine the role of business, how it has shaped climate policy over the years and what's next. WBUR's environmental reporter Bruce Gellerman will moderate a panel discussion on the topic with business leaders at the new CitySpace venue on Monday night. *6:30-8:30 p.m., WBUR CitySpace, 890 Commonwealth Ave., \$15, wbur.org*

Earth Day & Green New



Deal Lecture
The John W. McCormack Graduate School

of Policy and Global Studies at UMass Boston is hosting a special

lecture on Earth Day. The special event will feature a talk by Mas-

sachusetts' own Sen. Ed Markey, who recently co-sponsored a Green New Deal resolution in Congress along with Rep. Alexandria Ocasio-Cortez. The lecture is free and open to the public, although registration is required. *Noon, University of Massachusetts Boston, 100 William T Morrissey Blvd., free, eventbrite.com*

Earth Day: Fixing the Planet

While the impending doom of climate change can be a downer, find out why there's still hope for the planet at this special event at The Bebo. As part of the Taste of Science festivities taking place across the country, the Irish pub is hosting a discussion with a pair of speakers who are working on solutions to the climate crisis. In addition to the talk, The Bebo will have a special food menu on hand for guests. *6-8 p.m., The Bebo, 1116 Boylston St., free, tasteofscience.org*

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NEWS



REUTERS

Bombs kill more than 200 in Sri Lanka on Easter

At least 27 of the dead were foreigners, including several Americans.

More than 200 people were killed and at least 450 injured in bomb blasts that ripped through churches and luxury hotels in Sri Lanka on Easter Sunday, the first major attack on the Indian Ocean island since the end of a civil war 10 years ago.

Seven people were arrested and three police officers were killed during a security forces raid on a house in the Sri Lankan capital several hours after the attacks, many of which officials said were suicide bomb explosions.

The government declared a curfew in Colombo and blocked access to social media and messaging sites, including Facebook and WhatsApp. It was unclear when the curfew would be lifted.

"Altogether, we have information of 207 dead from all hospitals. According to the information as of now we have 450 injured people admitted to hospitals," police spokesman Ruwan Gunasekera told reporters.

Three churches in various parts of the country and four hotels in Colombo were hit. At least 27 of the dead were foreigners, including five British people, two of whom had dual U.S. citizenship, and three Indians, according to officials in those countries.

Also among the fatalities were three people from Denmark, two from Turkey, and one from Portugal, officials said. There

were also Chinese and Dutch among the dead, according to media reports.

U.S. Secretary of State Mike Pompeo said U.S. nationals were among those killed, but did not give details.

There are 25 unidentified bodies, believed to be of foreigners, at the Colombo Judicial Medical Officer's mortuary, Sri Lanka's foreign ministry said.

PRIOR INFORMATION

There were no immediate claims of responsibility for the attacks in a country which was at war for decades with Tamil separatists until 2009, a time when bomb blasts in the capital were common.

Prime Minister Ranil Wickremesinghe acknowledged that the government had some "prior information of the attack," though ministers were not told.

He said there wasn't an adequate response and there needed to be an inquiry into how the information was used.

He also said the government needs to look at the international links of a local militant group.

Agence France Presse reported that it had seen documents showing that Sri Lanka's police chief Pujith Jayasundara issued an intelligence alert to top officers 10 days ago, warning that suicide bombers planned to hit "prominent churches." REUTERS

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LIFESTYLE



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Food for thought

Local restaurants take steps toward sustainability.

KIM WINDYKA
letters@metro.us

These days, it's all too easy — and trendy — to talk about being “green,” but many area restaurants are walking the walk by implementing a variety of eco-friendly practices.

One popular change

across the board is the reduction of plastic. Coppa, Davio's, Little Donkey, and Toro are among the many establishments that have done away with plastic straws.

Myers + Chang pro-

vides straws to guests only upon request, encourages diners to bring their own takeout bags, and offers compostable bamboo chopsticks as an alternative to plasticware. Assistant Manager Heather Thompson says, “Like many restaurants, we do our best to eliminate waste and be conscious of our impact on the rest of the planet, in a way that doesn't diminish our guests' experience. We believe strongly that small changes will accumulate into major impact.”

Five Horses Tavern, which has locations in Somerville and Boston, introduced biodegradable containers and bags several years ago, stopped including plastic forks and knives with takeout orders, and recently made the switch to paper straws. Beth Schunke, director of operations for the restaurant group, adds that the staff was pleasantly surprised at the positive guest response to the changes.

Others have gotten even more creative with their efforts. The menu at one of the newest kids on the block, Alden & Harlow's sister restaurant The Longfellow Bar, was created with the environment in mind. Nearly every item on the menu can be eaten without silverware — though it's available if requested. Chef and owner Michael Scelfo

explains: “Not only is it fun and communal to eat with your hands, but one of my favorite aspects of the idea is our reduced chemical consumption washing silver, which saves water and energy as well.”

Over in the South End, tiki bar Shore Leave and its secret sushi bar, No Relation, share ingredients in order to minimize food waste. For example, at the end of every service

to make a positive impact on the planet. Now through April 27, Juliet — one of two Massachusetts restaurants certified as “Ocean Friendly” by the Surfrider Foundation — is joining forces with ZeroFoodprint and pledging one dollar per diner in order to offset their emissions and go carbon neutral.

At Chopps American Bar and Grill in Burlington, bottled water options are being swapped out for recyclable, earth-friendly cartons from Massachusetts-based Everybody Water. A portion of the proceeds from Everybody Water sales goes directly to Water1st International, an organization that provides permanent clean water systems to families around the world with limited access.

In addition to making changes in their own restaurant, Joanne Chang and Christopher Myers of Myers + Chang have also worked with Lovin' Spoonfuls Food Rescue since it began in 2010 to provide food (which would otherwise go to landfills) to the needy. Assistant Manager Thompson adds, “It's a partnership we're especially proud of, since the philosophy behind Lovin' Spoonfuls — that helping people and helping our planet go hand in hand — is one we also practice here in the restaurant.”



at No Relation, leftover sushi rice is saved for use in the crispy rice salad at Shore Leave.

At Coppa, Toro and Little Donkey, environmentally-conscious food sourcing is a priority for chef and owner Ken Oringer. “The oceans are vital to the health of our planet,” he emphasizes, “So we try to do our part and carry as much sustainably-sourced seafood as we can.”

A number of restaurants have also partnered with nonprofits

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Get ready for summer with THC-infused ice cream

Cloud Creamery is hoping to blow your minds with their new cannabis ice cream.



PAT KING
patrick.king@metro.us

With the legalization of recreational marijuana in the state, the possibilities around what kinds of edibles you can get your hands on seem to be limitless these days. However, the Framingham-based Cloud Creamery may be pushing the limitless into some undiscovered territory as they are the first corporation to gain a license to create and sell cannabis-infused ice cream.

While the product is still in development and waiting to get approved for sale, they are hoping to be sold in dispensaries right before summer. The creamery is planning on rolling out delicious flavors with a kick such as Vietnamese coffee, sage and ginger, lavender and honey, strawberry and rhubarb, and some other special flavors that are still in the works.

While cannabis-infused ice cream may be the dream for stoners all over, head chef and proprietor David Yusefzadeh began experimenting with this ingredient as a way to help those who not only enjoy its side effects but may need them to enrich their lives. With the growing acceptance of edibles, Yusefzadeh would like products like his to change the perception around the culture of cannabis products.

"I think no one would associate me as being a stoner growing up. I definitely smoked a few joints in high school but that was

a pretty normal thing that high-schoolers do," says Yusefzadeh. "It wasn't the focus of my life. As a chef, I was always working and hustling. There's a lot of drugs in the restaurant industry so we always had access to everything. It wasn't until I was diagnosed with Crohn's disease that I considered making it a part of my lifestyle. It's challenging when I talk about it or bring it up in a pitch and everyone always thinks about silly stoner, Cheech and Chong, 'Dazed and Confused'-style scenarios where you must be an idiot or you must be lazy or you must not be ambitious."

As a trained chef, Yusefzadeh wants to put the focus on flavor first so that customers can appreciate it on more than just the one buzzworthy level. Sure, the cannabis aspects will bring in curious one-time customers, but without amazing flavors, it would be hard to keep experienced edible enthusiasts coming back.

Another issue that Yusefzadeh is looking into is the allotted amount of THC that they will be allowed to use in each pint of ice cream. The national Cannabis Certification Council recently limited Cloud Creamery to only being able to use 5 milligrams of THC per pint, when certain brownies at dispensaries are allowed to use around 100 milligrams. For this, he believes they are being treated unfairly for being the trailblazers of such a new and exciting product.

"A big part of it is being able to discern what a dose is," he explains. "There's a lot of unique questions and people are asking, 'How do you know if you're

going to eat too much?' Well, how do you know if a glass of wine is going to be too strong? You have to try one. You never really know, you just have to experience it. We're encouraging people to take their time, be responsible, be in a safe place, not operate machinery. But the reality is, everyone's body is different. It's crazy to think that there is a standard for this across the board."



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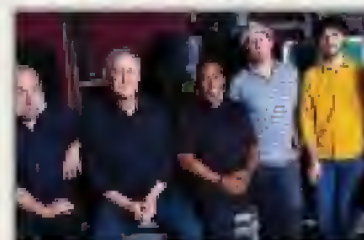
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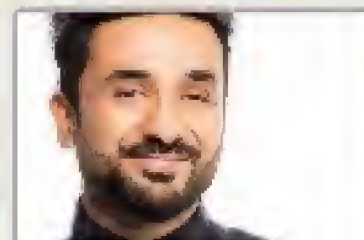
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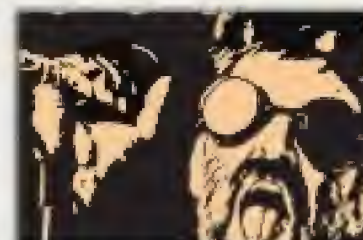
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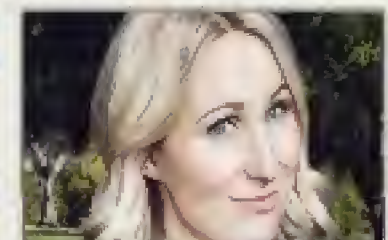
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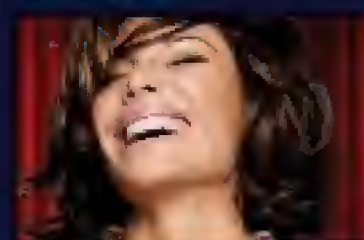
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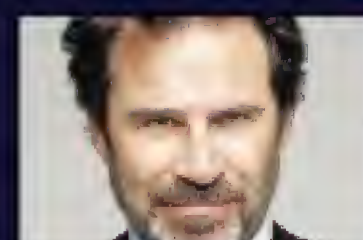
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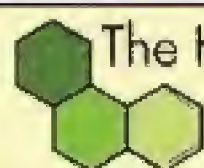
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SPORTS

For the second straight year, the Bruins and Leafs will square off in a Game 7 in Boston.



MATT BURKE
matt.burke@metro.us

One of the more difficult things to do in sports is win in an opposing NHL team's arena during the Stanley Cup playoffs. The Bruins have done so twice against Toronto this series, the most recent win coming Sunday with a 4-2 victory over the Maple Leafs up north.

On Easter Sunday in a do-or-die Game 6, the B's owned a 2-1 lead after one period as Brad Marchand and Torey Krug tallied goals on the power play, responding to Morgan Rielly's goal that initially put Toronto up 1-0.

The Bruins looked like they were set for a runaway when Jake DeBrusk beat Frederik An-

Bruins come up in the clutch



David Pastrnak (No. 88) of the Boston Bruins. GETTY IMAGES

dersen midway through the second period. That 3-1 lead expired, however, when Toronto's Auston Matthews beat Tuukka Rask in the third period. It was Matthews' fifth goal of the series.

Boston's defense, led by Zdeno Chara, Brandon Carlo and Charlie McAvoy, kept the Maple

Leafs' offense at bay in the final minutes, though, and the Bruins put the cap on the game in the form of a Brad Marchand empty-netter with just under two minutes remaining. The strike was Marchand's fourth goal of the series.

What it all adds up to is a Game 7 at TD Gar-

den between the B's and the Leafs for the second year in a row. This year's win-or-go-home affair is set for Tuesday night in Boston.

The Bruins exploded for seven goals in Game 7 last year against the Leafs as they advanced to the second round via a 7-4 win.

Celtics break out brooms in sweep of the Pacers

The Celtics have flipped the proverbial switch.

In their 4-0 series sweep of the Indiana Pacers, the defensive rotations were as crisp as a McIntosh, Kyrie Irving re-found his playoff heroics, and the C's once again looked like a legit NBA title contender.

The Celts came up huge in the fourth quarter on the road Sunday in Game 4 against Indiana, pumping in 37 points, en route to a 110-106 victory. Gordon Hayward (20 points) and Marcus Morris led the charge late, drilling multiple 3-pointers.

The turning point late in Game 4 was when Indiana's Corey Joseph fouled Jayson Tatum on a breakaway. The foul was ruled a Flagrant 1 and the Celtics did not



Gordon Hayward (No. 20) of the Boston Celtics shoots the ball against the Indiana Pacers in Game 4 of the first round of the 2019 NBA Playoffs. GETTY IMAGES

trail following the technical.

The Celtics stifled multiple Pacers runs throughout the game, including deficits at half-time and a 56-49 hole in the third quarter.

The Boston bench came up huge as Hay-

ward, Morris and Terry Rozier combined for 49 points.

Al Horford registered a double-double with 14 points and 12 boards while Irving scored 14 points and dished out seven assists.

The Celtics, who be-

came the first team in the NBA to reach the second round, will likely take on the Milwaukee Bucks in Round 2. The Bucks lead the Pistons 3-0 in their quarterfinals series, with Game 4 set for tonight (8 p.m., TNT).

MATT BURKE

metro **BET**

Betting breakdown of Patriots, 2019 NFL schedule

VSIN

Based on early indicators from Vegas oddsmakers, the Patriots could easily be point spread and moneyline favorites in all 16 regular-season games this season.

As soon as NFL team schedules for the 2019 regular season were announced last Thursday, sportsbooks sprung into action, posting point spreads for Week 1. Those opening point spreads allowed market observers to deduce approximate Power Ratings from oddsmakers. Using a standard three points for home-field advantage, it's easy to tweak from final 2018 ratings to build a scale that represents the NFL

from top to bottom.

VSIN's Jonathan Von Tobel ("Betting Across America," Saturdays and Sundays from 10 a.m. to 1 p.m. at vsin.com) and I put our heads together to create such a scale.

AFC: New England 86, Kansas City 86, LA Chargers 84, Cleveland 83, Indianapolis 83, Pittsburgh 83, Houston 82, Baltimore 81, Tennessee 81, Cincinnati 77, Denver 77, Jacksonville 77, NY Jets 76, Oakland 76, Buffalo 75, Miami 74.

Those represent "neutral field" differentials. We're estimating that Chiefs/Patriots would be a virtual pick-em on a neutral field, meaning either home team would be favored by three in a head-to-head matchup (which will happen on Dec. 8 in Foxborough).

NFC: New Orleans 87, LA Rams 86, Philadelphia 83, Chicago 83, Seattle 82, Dallas 82, Minnesota 82, Green Bay 82, Carolina 81, Atlanta 80, San Francisco 79, Washington 78, Tampa Bay 78, NY Giants 77, Detroit 76, Arizona 73.

Right now, either the Patriots or the Chiefs would be a virtual toss-up in the Super Bowl against either New Orleans or the Los Angeles Rams. Of course, team perceptions have plenty of time to change between now and February.

A quick glance at the month-by-month schedule shows a healthy version of the Patriots would only have two road games near pick-em, at Philadelphia in November and at Houston in early December. (Our



Tom Brady looks downfield against Pittsburgh last season. GETTY IMAGES

estimate of each team's opening Power Rating is in parenthesis.)

September: Pittsburgh (83), at Miami (74), NY Jets (76), at Buffalo (75).

October: at Washington (78), NY Giants (77),

at NY Jets (76), Cleveland (83).

November: at Baltimore (81), at Philadelphia (83), Dallas (82).

December: at Houston (82), Kansas City (87), at Cincinnati (77), Buffalo

(75), Miami (74).

The Patriots opened as a 6-point favorite vs. Pittsburgh in the first Sunday night game of the 2019 season. They will be decisive favorites weekly until late October.

Boston University Medical Center
is conducting a

Yoga and Walking for Depression Research Study



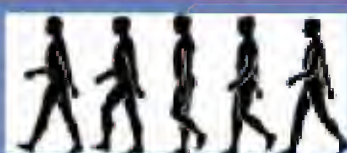
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herman.miles@metro.us

CITATION ON PETITION TO CHANGE NAME

Docket No. SU19C0173CA

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

In the matter of: **Mona Lainey Malin**

Suffolk Probate and Family Court

24 New Chardon Street, Boston, MA 02114

(617) 788-8300

A Petition to Change Name of Adult has been filed by **Mona Lainey Malin** of **Boston, MA** requesting that the court enter a Decree changing their name to: **Mona Bishal**

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Suffolk Probate and Family Court before 10:00 a.m. on the return day of 05/02/2019.** This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Brian J. Dunn, First Justice of this Court.

Date: April 12, 2019

[Signature]
Hon. Brian J. Dunn, First Justice of this Court

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A mechanical contractor

located in Somerville MA.,

is looking to hire a

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Please contact

Davison Company Inc.,

(617) 666-3174 to schedule

an interview to be held at

company headquarters.

Requirements:

Must have License to

perform work on HVAC-R

systems.

Minimum (OSHA-10)

Certification

Position Information:

• Prevailing wage rate position.

• Job benefits to be
discussed in interview.

• Work will be performed on
commercial construction projects.

Landscape Construction Foreman

A well established landscape construction company based in Framingham, MA is seeking an experienced Foreman. The right candidate needs a valid Driver's License and Hydraulic License, OSHA 10 and DOT card. Looking for someone with at least 4+ years landscape construction experience. Basic knowledge of blueprints and construction procedures are a plus.

Responsibilities include organize and oversee 4-6 man crew. Maintain a safe work environment. Starting pay \$27-\$30/hr. Prevailing wage work \$50-\$60/hr. Also seeking Laborers, CDL A Drivers, Irrigation Tech, 2A 1A Operators of Equip.

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- Compensation will be provided to qualified subjects

For more information please call

617-414-1990

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- You are an adult with neck or back pain

YOU CAN EXPECT:

- A 10 week research study
- Office visits and phone calls
- Two medications or placebos
- Compensation

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617-724-6102

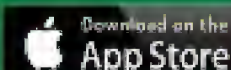
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GAMES

ACROSS

- 1 Full of hot __; talking nonsense
4 Not rural
9 __ on fire; ignites
13 Wild feline
14 Money, slangily
15 Waterproof cover
16 Notice
17 Coffin carrier
19 Feasted
20 Filthy
21 Dangerous
22 Gets closer to
24 In favor of
25 Morphine or codeine
27 Flings
30 Prefix for violet or sound
31 Check recipient
33 Mover's truck
35 Rod and __; fishing gear
36 Piers
37 Short note
38 __ Francisco
39 Cruel man
40 Generous one
41 Not as fresh

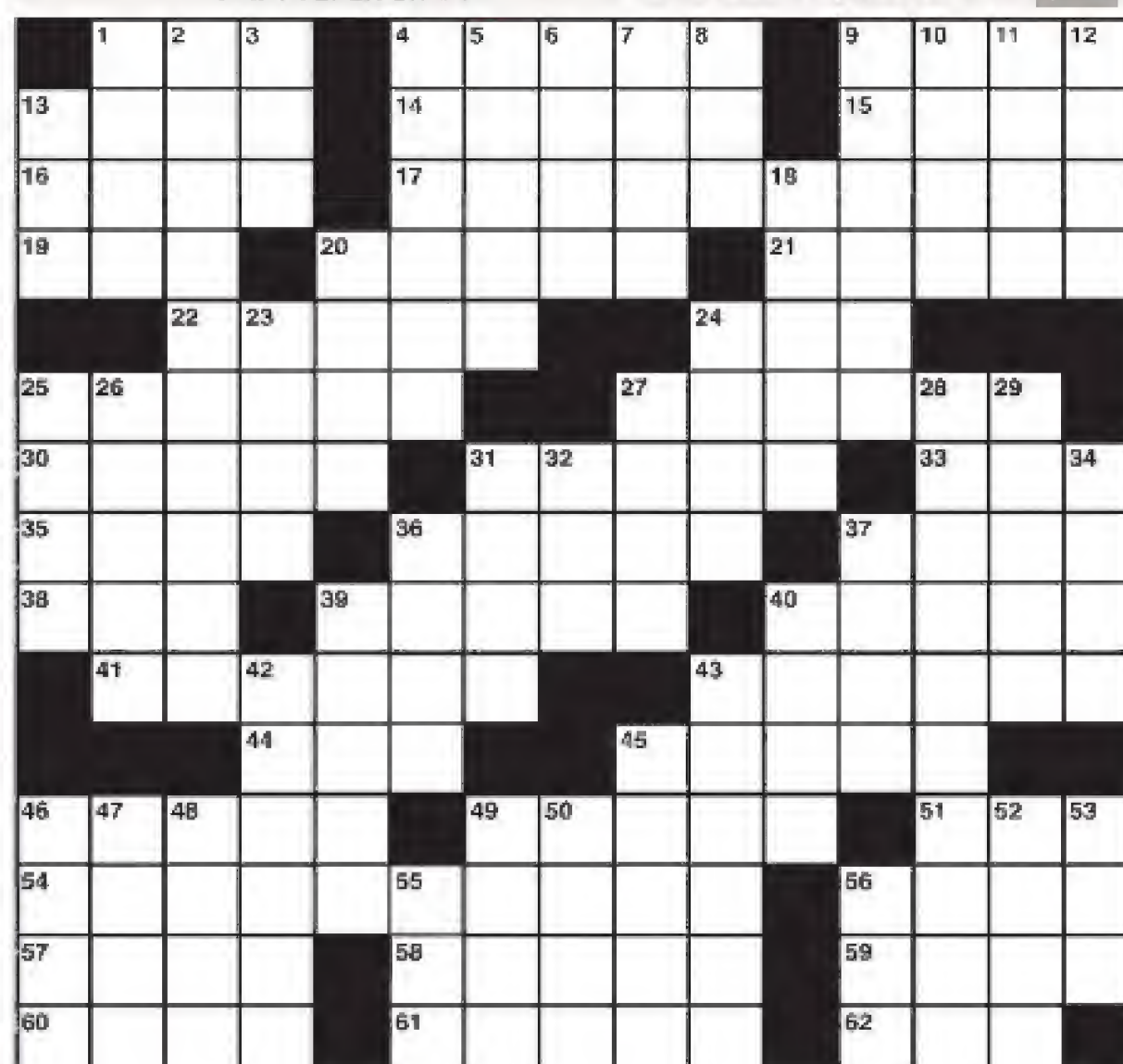
- 43 Bell's middle name
44 Solemn promise
45 Steam bath
46 Shining
49 Street talk
51 __ de plume
54 Brilliant idea
56 Cartoon dog
57 Come to shore
58 Sifter's device
59 Actress Tuesday
60 Observes
61 Near the center
62 Begley & others

DOWN

- 1 Vienna's nation: abbr.
2 Not remorseful
3 Sunbeam
4 Baseball official
5 Laughs loudly
6 Leave suddenly
7 Friendly nation
8 Capture
9 Elevator alternative
10 Hearing organs
11 Long journey
12 Agile
13 Small veggie

- 18 Jagged
20 Facts & figures
23 British noble
24 Enemies
25 " __ is not to reason why..."
26 Tearful requests
27 Toddler
28 Fair; impartial
29 Pago Pago, American __
31 Rain heavily
32 Go on stage
34 Accepted standard
36 Carey or Barrymore
37 Complain
39 __ away; amazed
40 Controlled substance
42 Steers clear of
43 Male goose
45 Ointment
46 Capable
47 "The Old __ Mare"
48 Path
49 Lower leg part
50 Claim against property
52 Lubricates
53 TV's "Chicago __"
55 Series for Ted Danson, once
56 Have unpaid bills

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	8							3
7	6	9		3				4
4				7	6	8		2
	2	7			4	9		6
		6	2		3	1		
5		8	6			3	2	
1		4	3	6				5
8	9			2		6	1	7
6							3	

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Aries Step up and make things happen. Effect changes that will put you in a better position to present what you have to offer. Pay closer attention to health, personal finances and legal matters.



Taurus Aim high and don't stop until you reach your destination. A financial opportunity looks promising, as long as you don't go overboard and invest too much.



Gemini Put your energy to good use. Lend a helping hand or nurture an important relationship. As long as you are positive and willing to compromise, you will meet with no resistance.



Cancer A change or adjustment may need to be made for you to avoid being taken for granted. A confrontation may not bring the results you want, but using reason and making positive suggestions will.



Leo If you want to find out what's happening or how something is done, go directly to the source and ask questions. The information you get will help you make a positive lifestyle change.



Virgo Take a course or attend a function that will bring you in contact with industry peers. Networking events will lead to opportunities.



Libra Get physical, make personal improvements and take better care of your emotional, physical and mental health. Share feelings and build a stronger relationship with a loved one.



Scorpio Don't feel pressured to make a change just because someone else does. You are better off doing your own thing. A joint venture will not turn out as planned.



Sagittarius If you want something, go after it. It's OK to be aggressive, as long as you don't upset someone in the process. Get permission and forge ahead.



Capricorn Be private about your activities until you have everything in place and are fully prepared to present what you have to offer.



Aquarius Stop dreaming and start doing. Clear out clutter and make space for something you want to pursue. Your enthusiasm will encourage others to help you reach your goal.



Pisces Put your energy into things you can actually accomplish. Be honest and realistic when it comes to what you are capable of doing and how to go about it. Personal improvement is encouraged. EUGENIA LAST

Yesterday's Answers

U	P	S		T	E	A	C	H		E	B	B	S
G	R	O	W		A	L	L	A	Y		S	O	A
H	O	R	A		P	E	S	T	S		T	O	U
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			T	A	R	T		E	W	E			
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A	C	T		P	A	N	E	S		M	A	K	E
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			H	A	D		B	O	N	D			
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A	D	A	M		N	O	O	S	E		R	E	A
F	A	Z	E		A	N	D	E	S		S	A	K
E	Y	E	S		L	E	A	S	T		T	E	E

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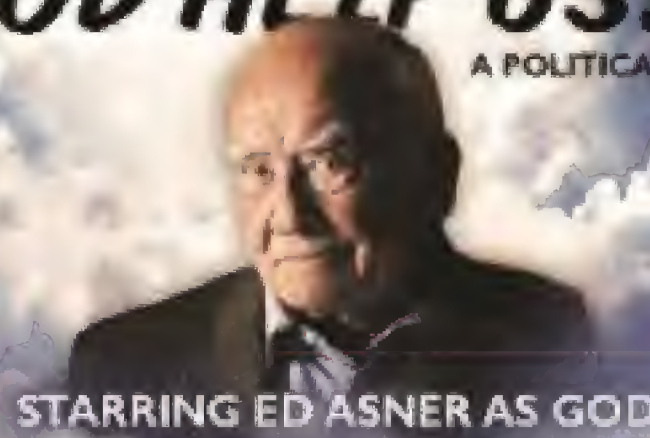
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